

IN THE CLAIMS

Please cancel claims 25, 28, 29 and 30 without prejudice.

Claim 1 (Previously Amended) An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a substantially rigid parabolic-shaped lower
end whereby said lower end may be selectively movably positioned on a
supporting surface so as to have a full range of movement with respect
thereto;
said upper end of said lower portion having an elongated recessed area formed
therein; said recessed area being defined by a forward end, a rearward end
and generally vertical opposite side walls; and
a foot supporting and retaining portion operatively secured to said opposite side
walls of said elongated recessed area for maintaining a person's foot in said
recessed area and resisting the upward, transverse, and longitudinal motion
of the person's foot with respect to the device.

Claim 2 (Original) The device of claim 1 wherein at least one exercise attachment
means is provided on said foot supporting and retaining portion.

Claim 3 (Original) The device of claim 2 wherein said exercise attachment means
has a receiving means for receiving a weight means thereon.

1 Claim 4 (Previously Amended) The device of claim 3 wherein said receiving means
comprises an upstanding pipe stub.

5 Claim 5 (Original) The device of claim 4 wherein a first elongated tubular member,
having upper and lower ends, has its lower end received by said pipe stub and
extends upwardly therefrom.

10 Claim 6 (Original) The device of claim 5 wherein the upper end of said first tubular
member has a hand grip portion thereon.

Claim 7 (Original) The device of claim 6 wherein said first tubular member has
weights mounted thereon.

15 Claim 8 (Original) The device of claim 5 wherein said elongated tubular member is
comprised of a flexible material.

~~Claim 9 (Previously Cancelled) The device of claim 8 wherein a second elongated
tubular member selectively embraces said first elongated tubular member, thereby
increasing the rigidity of said first elongated tubular member.~~

20 Claim 10 (Original) The device of claim 4 wherein a plurality of overlapping tubular
members are secured to said pipe stub and extend upwardly therefrom.

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Claim 11 (Original) The device of claim 2 wherein a plurality of exercise attachment receiving means are provided on said foot supporting and retaining portion.

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Claim 12 (Original) The device of claim 11 wherein each of said exercise attachment receiving means comprises a pipe stub.

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Claim 13 (Original) The device of claim 11 wherein said foot supporting and retaining portion has a forward end, a rearward end, and opposite sides and wherein a pipe stub extends upwardly from said foot supporting and retaining portion at its forward end and at each of its sides adjacent the forward end thereof.

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Claim 14 (Original) The device of claim 13 wherein a horizontally extending pipe stub extends forwardly from the pipe stub located at the forward end of said foot supporting and retaining portion.

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Claim 15 (Original) The device of claim 13 wherein a pipe stub extends upwardly from said foot supporting and retaining portion rearwardly of the pipe stub located at the forward end thereof.

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Claim 16 (Previously Cancelled) ~~The device of claim 1 wherein said foot supporting and receiving portion has a forward end, a rearward end, and opposite sides and~~

1 ~~wherein strap connectors are provided at said rearward end and at said sides of said~~
 ~~foot supporting and receiving means.~~

5 Claim 17 (Original) The device of claim 1 wherein said foot supporting and retaining
 portion is selectively removably secured to said lower portion.

10 ~~Claim 18 (Previously Cancelled) The device of claim 1 wherein said foot supporting~~
 ~~and retaining portion includes a recessed portion having a forward end, a rearward~~
 ~~end, and opposite sides.~~

15 ~~Claim 19 (Previously Cancelled) The device of claim 18 wherein upstanding walls~~
 ~~are provided at the opposite sides of said recessed portion.~~

~~Claim 20 (Previously Cancelled) The device of claim 18 wherein an arcuate, inverted~~
 ~~U-shaped member extends over the forward end of said recessed portion.~~

20 Claim 21 (Previously Amended) The device of claim 28 wherein a heel retainer is
 adjustably positioned rearwardly of said U-shaped member.

~~Claim 22 (Previously Cancelled) The device of claim 19 wherein said recessed~~
 ~~portion is concave shaped.~~

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1 Claim 23 (Previously Amended) The device of claim 28 wherein said U-shaped member is secured to said upstanding walls.

5 Claim 24 (Previously Amended) The device of claim 15 wherein said pipe stub which extends upwardly from said foot supporting and retaining portion rearwardly of the pipe stub located at the forward end thereof is selectively removable.

10 Claim 25 (Cancelled) ~~An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a parabolic shaped lower end whereby
said lower end may be selectively movably positioned on a supporting
surface so as to have a full range of movement with respect thereto;
said upper end of said lower portion having an elongated recessed area formed
therein; said recessed area being defined by a forward end, a rearward end
and generally vertical opposite side walls; and
and a foot supporting and retaining portion operatively secured to said side walls of
said elongated recessed area for supporting and retaining a person's foot in
said recessed area, which at least partially encloses the person's foot.~~

20 Claim 26 (Previously Presented) An ankle, leg and hip exercising device,
comprising:

1 a lower portion having an upper end and a parabolic-shaped lower end whereby
said lower end may be selectively movably positioned on a supporting
surface so as to have a full range of movement with respect thereto;
a foot supporting and retaining portion at the said upper end of said lower
5 portion for supporting a person's foot therein and resisting the upward, transverse,
and longitudinal motion of the person's foot with respect to the device;
at least one exercise attachment means being provided on said foot supporting and
retaining portion; said exercise attachment means having a receiving means
10 for receiving a weight means thereon; said receiving means comprising an
upstanding pipe stub;
a first elongated tubular member, having upper and lower ends, having its lower end
received by said pipe stub and extending upwardly therefrom; said first
15 elongated tubular member being comprised of a flexible material; and
a second elongated tubular member selectively embracing said first elongated
tubular member, thereby increasing the rigidity of said first elongated tubular
member.

20 Claim 27 (Previously Cancelled)

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Claim 28 (Cancelled) An ankle, leg and hip exercising device, comprising:

~~a lower portion having an upper end and a parabolic shaped lower end whereby
said lower end may be selectively movably positioned on a supporting
surface so as to have a full range of movement with respect thereto;~~

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~~a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device; said foot
supporting and retaining portion including a recessed portion having a
forward end, a rearward end, and opposite sides; and~~

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~~an arcuate, inverted U-shaped member that extends over the forward end of said
recessed portion.~~

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Claim 29 (Cancelled) An ankle, leg and hip exercising device, comprising:

~~a lower portion having an upper end and a parabolic shaped lower end whereby
said lower end may be selectively movably positioned on a supporting
surface so as to have a full range of movement with respect thereto;~~

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~~a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device; said foot
supporting and retaining portion including a recessed portion having a~~

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1 ~~forward end, a rearward end, and opposite sides; said recessed portion being~~
 ~~concave; and~~
 ~~upstanding walls at the opposite sides of said recessed portion.~~

5 Claim 30 (Cancelled) ~~An ankle, leg and hip exercising device, comprising:~~
 ~~a lower portion having an upper end and a parabolic-shaped lower end whereby sa~~
 ~~lower end may be selectively movably positioned on a supporting surface so~~
 ~~as to have a full range of movement with respect thereto;~~
10 ~~a foot supporting portion at said upper end of said lower portion for supporting a~~
 ~~person's foot thereon;~~
 ~~at least one exercise attachment means on said foot supporting portion for~~
 ~~maintaining a weight means thereon;~~
15 ~~a first tubular member, having upper and lower ends, having its lower end received~~
 ~~by said at least one exercise attachment means; and~~
 ~~a second tubular member selectively embracing said first elongated tubular member.~~

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